

Make no mistake about it

There is no such thing as a safe way to use drugs. Even legal drugs have the potential to harm if they are misused.

If you, a friend or a family member has a drug problem, get some help. Below is a list of agencies that can help:

California Department of Alcohol and Drug Programs

1700 K Street
Sacramento, CA 95814
916-445-0834

National Clearinghouse for Alcohol and Drug Abuse Information

6000 Executive Blvd., #402
Rockville, Maryland 20852
1-800-662-HELP

National Council on Alcoholism and Drug Dependence (NCADD)

Twelve West 21st Street, 8th floor
New York City, New York 10010
1-800-475-HOPE

800-Cocaine

Post Office Box 100
332 Springfield Ave.
Summit, New Jersey 07901
1-800-Cocaine

Scott Newman Center

"Neighborhoods in Action"
6255 Sunset Blvd. #1906
Los Angeles, CA 90028
1-800-783-6396

Your Body & Drugs Think About It!



Get The Facts!

Each year, hundreds of people harm their bodies by using drugs. Many don't even realize the degree to which they are hurting themselves. Drugs can kill you. In fact, injected amounts of any kind of drug may transmit the virus that causes AIDS.

Do yourself a favor, don't start — don't even try them.



Compliments of Assemblymember Bob Pacheco

District Office

17870 Castleton Street, Suite 205
City of Industry, CA 91748
(626) 839-2000

Capitol Office

State Capitol
Sacramento, CA 95814
(916) 319-2060

Web Site:

<http://www.assembly.ca.gov/bpacheco>

Alcohol

What it is: Alcohol is a depressant which slows down the body's central nervous system. It is a chemical compound made from fermented grains or fruit.

What it does: Alcohol produces an initial relaxed and sociable feeling which may be replaced by depression, anger or drowsiness. It lowers the ability of the brain to control behavior impairing sensory and motor skills.

How it can hurt you: Alcohol abuse can increase your risk for heart disease, heart attack, stomach ulcers, mouth and throat cancers and disorders of the pancreas and liver. It can also cause high blood pressure, nerve damage, mental impairment and high blood cholesterol.

Marijuana

What it is: Marijuana - leaves and flowers (colitas) are dried and rolled into cigarettes or smoked in a pipe. Marijuana is often called a "gateway" drug because experimentation or use of this drug often leads people down the road to using even more dangerous drugs.

What it does: Marijuana induces feelings of contentment, relaxation, loss of inhibition, hunger, bouts of laughter and continuous talking. However, confusion, disorientation, memory loss, lack of balance and stability, reduced attention span and loss of muscle strength often follow these initial feelings.

How it can hurt you: Marijuana smoking irritates the throat and lungs and can lead to lung disorders. Marijuana smoking produces 50 percent more polyaromatic hydrocarbons (chemicals associated with lung cancer) than tobacco smoke.

Cocaine

What it is: Cocaine is a potent stimulant affecting the central nervous system. It is derived from coca shrubs, and can synthetically be made into "crack" cocaine or free-based.

What it does: Cocaine gives the user a rapid rush. It often makes the user feel energetic and alert with no need for food or sleep. The rush doesn't last long, however, so a person has to use it again, and again and again to get the same initial high.

How it can hurt you: Cocaine can kill suddenly. Medical complications include: chronic nasal congestion, frequent nosebleeds, ulcerations of the nose, lung damage from freebase smoking, rapid irregular heartbeat, cerebral hemorrhage (bleeding in the brain), seizures, stroke and respiratory failure.

Heroin

What it is: Heroin is an opiate drug which can be made synthetically or from natural substances such as poppies.

What it does: Heroin induces exaggerated feelings of well-being, such as euphoria.

How it can hurt you: Using heroin can cause heart rhythm problems, endocarditis (a heart valve infection), skin abscesses, skin lesions, tetanus, liver disease, seizures, chronic brain damage, coma and death.

Users who inject heroin are putting themselves "at risk" of spreading diseases of hepatitis and AIDS.

Downers/Barbiturates

What it is: These are depressant drugs often used to counter the effects of "speed" type drugs.

What it does: Barbiturates slow the central nervous system resulting in a loss of motor skills and reflex responses.

How it can hurt you: Overdose can cause dilated pupils, shallow breathing, clammy skin, weak and rapid heart rate, coma or death.

Amphetamines

What it is: Amphetamines are a group of synthetic chemicals which are strong stimulants ("speed") seriously affecting the human body.

What it does: Amphetamines overstimulate the central nervous system giving the user a "rush" — an increased alertness, euphoria or excitement.

How it can hurt you: Amphetamines can cause increased and irregular heart and respiratory rates, elevated blood pressure and in some cases, physical collapse. Injected amounts of amphetamines can result in heart failure or stroke.

Methamphetamines

What it is: Methamphetamines are synthetic chemical stimulants similar to that of amphetamines except the high happens faster and lasts longer.

How it can hurt you: Harmful effects of methamphetamine use is virtually identical to that of amphetamines. Can cause acute damage to organs, particularly the lungs, liver and kidneys.

Hallucinogens

What it is: PCP and LSD are hallucinogenic drugs that seriously affect the central nervous system.

What it does: Hallucinogens produce unpredictable feelings often resulting in bizarre, compulsive and violent behavior. Distorts time, space and body sensations. Causes anxiety, paranoia, panic, and fear of death feelings.

How it can hurt you: Can cause irregular heartbeat, irregular breathing, memory loss, psychosis, brain hemorrhage, kidney failure, murder, suicide, self mutilation, coma, or death.

Signs of Drug Use

Below are some symptoms to watch for if you suspect a friend or family member of using drugs:

- Depression or mood swings.
- Violent outbursts of anger.
- Hyperactivity, drowsiness or forgetfulness.
- Bloodshot eyes, runny nose or coughing, use of eyedrops or incense.
- Frequent bouts with colds or flu.
- Has blackouts, memory lapses, tremors, hallucinations or delusions.
- Change in speaking patterns.
- Time distortion.
- Decline in productivity at school or work.
- New interests and friends — especially over old friends.
- Gives up usual sports or hobbies.
- False sounding excuses.
- Frequent absences or lateness.
- Doesn't tell you where he/she is going or with whom.
- Careless or foolish risk taking.
- Odd small containers in pockets or purse.
- Money problems. Often borrows or even steals money from the house.
- Drug paraphernalia, such as pipes, papers and razor blades.

